

## FOOD (Source of Energy Physically & Spiritually) (We are What, What we eat.)

- ① Definition :- Any substance that can be consumed by living organisms, especially by eating in order to sustain life.

OR

Anything that intended to supply energy or nourishment.

- ② Why we need Food?

We need Food because it gives us energy to do work.

- ③ How many way Food supply energy to us?

Every living being need Food to nourish itself, living being get nourished by Food in two way

- ① Physically & ② Mentally or Spiritually

But physical and Spiritual or mental nourishment can not be done by consuming any eatables, It must be able to provide all the nutrients that are essential for an organism or living being in order to sustain life.

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The word food will be considerable only for that eatable that contains a proper scale of nutrient for growing physically and spiritually (mentally).

Good food is the only source of getting +ve rank in society in both way physically and mentally.

It is also reasonable for good health that is not only physical health but also mental health.

Good health leads to good wealth, a healthy person is ~~also~~ really wealthy in both region either physical or mental.

As the fact that food is a packet of energy required to do work.

Scientifically, work is also a measure of energy this proves universal law of conservation of energy.

A good or healthy food contains +ve energy and a bad or unhealthy food contains -ve energy our food habits are responsible for what we do and how we do.



The statement, "We are what, what we eat", have physical and spiritual meaning.

For example eatable that cause constipation makes a person uneasy in body and mind.

Similarly, food earned by wrong doings makes a person's soul corrupt, And food earned by right doing makes a person's soul and mind happy which also responsible for physical health.

In Quran the Almighty conveys the message:-

"Eat (all) good and pure things and work righteousness."

If one want to compare both the message conveyed by Almighty and the definition of food, both are related to each other.

Message :- "Eat (all) good and pure things and work righteousness."

Definition :- "Food gives energy to do work."

If one want to get success in the society which is a consequence of righteous doing by heart without any mischief. SO, one must eat good and pure food that gives +ve energy to do work righteous.



People who eat unhealthy food, they destroy their physical health and mental health.

people who eat unlawful food (or Haram), they destroy their mental health and spiritual health.

Ill does remain disturb in their mind, they appeared healthy and wealthy but their mind remain always disturb, it is real fact, they are unhealthy or poor healthy.

A person is called perfectly healthy only when he possess both physical and mental health.

Similarly a food is called perfectly good food only when it possess both physically +ve energy and spiritually +ve energy.

physically +ve energy food contains proper scale of nutrients such as (

), these make body and mind active.

Spiritually +ve energy contains foods are those, these earned by righteous doing and these are allowed by almighty to eat for human.

At another places in Quran Almighty Conveys messages:

### Messages:-

"So eat and drink of the sustenance (good things) provided by Allah, and do no evil nor mischief on the earth." (2:60)

"O Ye people ! Eat of what is on earth, lawful and good ; and do not follow the footsteps of the evil one." (2:168)

"Those who unjustly eat up the property of orphans, eat up a fire into their own bodies ; They will soon be enduring blazing fire." (4:10)

"So eat of the sustenance which Allah has provided for you, lawful and good ;" (16:114)

"Verily Allah will admit those who believe and do righteous deeds, to Gardens beneath which rivers flow ; while those who reject Allah (his order) will enjoy (this world) and eat as cattle eat ; and the fire will be their abode." (47:12)

Those people who eat as cattle (like animal) eat, they are not careful about their physical and spiritual health, they only want to quench their bellies.



Since, Almighty created human being most intelligent being among his creation. We must always to keep maintain our rank or position that Almighty have granted us among his creation. So, we must careful about our eating habits.

On other hand scientifically human is also placed on the top of the food chain.

"Religion is about preserving and protecting life physically and spiritually. But before there can be religion there needs to be food, because good food sustain our bodies and makes a spiritual life possible, without good food there is no life, and without good food there is no religion." (Quoted from Wiki)

Good food Comes first then good deeds come after.

"Eat (all) good and pure things and work righteousness."

Conclusion :- Eat Well (good and lawful)



Act Well (work righteousness)